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O H I O 4-H N U T R I T I O N P R O G R A M

(An Example of the Team Approach to Literature Development)





## OHIO 4-H NUTRITION PROGRAM

An example of the team approach to literature development.

Work on the Ohio 4-H Nutrition Program began late in 1953 when Dr. Evelyn Blanchard, Federal Nutrition Specialist, came to Ohio State University. A meeting was held with Miss Nellie Watts, State Home Demonstration Leader; the two Nutrition Specialists, Sue Christian and Mary Morgan; and the 4-H Assistant State Leaders, Eva Kinsey and Beatrice Cleveland. Dr. Blanchard indicated that she was interested in working with the 4-H Club Program and wanted information as to our program in Ohio.

The entire group felt that our 4-H literature and program definitely needed revision. We discussed ways in which this might be accomplished.

After much discussion, Miss Watts suggested that a committee be formulated to review our nutrition program in 4-H and make recommendations for improvement.

It was decided that the committee should be composed of four home demonstration agents, each representing one of the four areas of the state, the two nutrition specialists, the two women Assistant State 4-H Club Leaders, and Dr. Blanchard.

Home demonstration agents were to be selected by the rest of the committee.

Plans were made for the entire committee to meet with Dr. Blanchard for the first time in the spring of 1954.

The committee was contacted and a Basic Planning Meeting was held at Ohio State University with all members of the committee present.

**Basic Planning**      The entire 4-H Nutrition Program was discussed including present project plan, literature, training programs for agents and leaders, and results being achieved.

Objectives and purposes that we hope to accomplish were worked out as we went along. The procedure up to this point was outlined for future reference.

The committee found that they were not sure of the food habits of people in the state, neither were they sure of the interests of the 4-H Club members concerning the field of foods and nutrition. To obtain more specific information on these points, the committee decided to use a questionnaire which would determine what families were serving in their homes, did the members help in food preparation, what they would be interested in learning to prepare, the type of projects that appealed to different ages.

The committee planned that this questionnaire be worked out, then sent to the four counties represented on the committee, as well as six others who would be participating in making the survey.



The project plan used in Ohio until this time had been organized around specific foods areas such as cakes and cookies; salads, sandwiches, and summer drinks; yeast breads and rolls; canning tomatoes and fruits, etc. The committee felt that there is need for 4-H members to have an all-over view of the foods picture in each project so they would have a variety of experiences related to food preparation in the home. The committee decided that all units should include nutrition, meal planning, meal service, meal management, courtesies, family meal cooperation, food buying, use and care of equipment as well as food preparation. Projects should follow the developmental patterns of young people. In view of this, tentative outlines were made in three junior projects and suggestions for a number of senior projects.

To bring about immediate action, a younger members project "Good Food for Snacking and Packing", and an older members project, "Speedy Meals" were determined. The specialists agreed to start preparation of these just as soon as the questionnaires had been returned.

#### Follow-up

Questionnaires were worked out and sent to the ten counties that had been determined. These were returned, compiled, and the results studied by nutrition specialists for use in making the projects functional to the needs and interests of the members.

During the summer, Sue Christian, Nutrition Specialist, wrote the first manuscript on "Good Food for Snacking and Packing".

#### 2nd State Meeting

The committee held their second state-wide committee meeting on September 23 and 24, 1954. Results of the questionnaire were studied in detail and used as a basis for planning an over-all foods program. "Good Food for Snacking and Packing" as written by the specialists was thoroughly discussed and many changes were made.

The time schedule was worked out for specialists to complete "Good Food for Snacking and Packing" and a senior project in outdoor cookery. They would also complete "Speedy Meals" and "Picnics and Lunches" if possible.

It was planned that these projects would be multilithed and sent to 10 counties in the state for field test by 4-H Club members prior to use on state-wide basis.

Plans were also made for an evaluation by members and local leaders in the fall following the completion of projects in their clubs.

Committee members had various responsibilities.



Agents on the committee agreed to help test recipes and send results to the specialists as soon as possible.

The Assistant State 4-H Club Leaders were to be in charge of field tests and follow through on all the other work and seeing everything moved along.

Dr. Blanchard agreed to help formulate the evaluation questions to determine the effectiveness of the projects.

The specialists were responsible for preparation of a members' book.

#### Follow-up

During the summer two projects were written, "Good Food for Snacking and Packing" and "Speedy Meals", by Miss Christian. These were field tested in ten counties in the state, four of which had home demonstration agents represented on the State Committee.

Following field test, the evaluation forms were sent to the counties participating. Each member and local leader completed separate questionnaires. These were then compiled in the counties and the reports sent to the State Committee.

In the fall of 1955, evaluation meetings attended by local leaders, home demonstration agents, Dr. Blanchard, a nutrition specialist, and one Assistant 4-H Leader met in each of six counties to discuss the results of the 4-H project on field test.

In some counties junior leaders and members also participated in evaluation meetings.

These meetings were particularly important to a comprehensive view of the projects--their good points, the needs for improvement, and any other suggestions that would be helpful in revision. This went a step beyond the questionnaire, because it brought out the reasons back of the answers given.

#### 3rd State Meeting

Following the evaluation meetings another state-wide committee meeting was held for a two-day period.

Due to changes in personnel we had a new specialist who was going to have a very heavy program. Because of this a former home demonstration agent and present homemaker and 4-H Club advisor had been hired to help in rewriting the 4-H literature. Both of these people were present at the State Meeting so that they could pick up the thinking of the group and also have first-hand information on the literature revision.

The results of the evaluation of the two projects was reviewed by the whole committee. They found that many things were good--many others needed improvement. Some sections were removed because they seemed to be of little value to those members that had field tested the projects. It was found that the meals in the "Speedy Meals" project were not speedy, therefore the title was changed to "Tasty Meals." Some of the menus did not fit into family practices--these were completely revised. Some foods were not acceptable to a large group of members, so many other revisions took place. These projects were completely gone over and checked for final writing.

The committee felt that it was very necessary to work out a long-time plan or redoing our entire foods program. This was done, and has been used as a guide in all further work. An attempt was made to provide for all the developmental stages as soon as possible. At the same time we had to be sure we were having projects that actually fit the needs and interests of the members who would be participating.

It was decided that each year we would try to put two projects in field test and two in final copy for use in the entire state. We would drop old projects as the new ones filled in to replace them. If everything went well, this would make it possible to completely revise all the 4-H foods and nutrition literature within a five-year period.

In addition to this long-time planning, it was necessary to determine the immediate plans for the next project to be revised.

The committee set up an outline for "Picnics and lunches", "Outdoor Cookery II" (senior), and "Outdoor Cookery I" (junior), that would be a guide for the nutrition specialist and the writer to use in working out the next projects in the plan.

#### Follow-up

Since the last committee meeting in the fall of 1955, two projects, "Good Food for Snacking and Packing" and "Tasty Meals" have been written in final form.

We are concerned about a number of things such as size of print, number of columns, illustrations, etc. We are not sure that the layout, type and illustrations have been improved to the fullest extent. We hope to take advantage of our experience on these two projects now coming off the press to avoid some of the pitfalls on future projects.

"Outdoor Cookery I" and "Outdoor Cookery II" have now been released for use in field testing this summer. Although it is late, we feel we have enough clubs who will

go ahead with this so that we may do our field testing this year, and plan to have our evaluation for these two projects this fall. We will again plan evaluation meetings with local leaders, junior leaders, and a few members.

We plan to supplement each completed project with an Advisor's Guide. This would provide specific helps for teaching and presentation of materials.

The personnel of the Nutrition Committee has changed greatly since its beginning in 1954. Mrs. Loa Whitfield, State Home Economics Leader has supported the program since her appointment. Both Nutrition Specialists, one Assistant State 4-H Club Leader, and three Home Demonstration Agents have replaced original members. However, this has been done gradually in an attempt to have as much of the original thinking as possible. Agent replacements have represented the original areas and have participated in the project field tests. One person originally on the committee as a Home Demonstration Agent is now representing the Assistant State Home Demonstration Leaders, which should help us to correlate 4-H with the adult program.

Present plans call for an evaluation meeting this fall to be followed by a meeting of the State Committee with Dr. Blanchard. We feel we have made tremendous progress in this field, but we feel by using the experience gained we will be able to do a better job. A great deal of work is yet to be done and will need to continue from year to year as we work with this entire area.



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